

# (His) Story of Paramahansa - The Supreme Swan

Nithyananda

seeds of wisdom

*Based on discourses delivered to Anand Samajis worldwide*

# (His) Story of Paramahansa

- The Supreme Swan

Nithyananda



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## Contact us:

Nithyananda Mission, Bidadi Ashram.

Nithyanandapuri, Kallugopahalli,

Manjanappa, Hanug. P.  
Off Mysore Road, Bidadi.

541 Myssore Road, Mysore,  
Bangalore District - 562 109

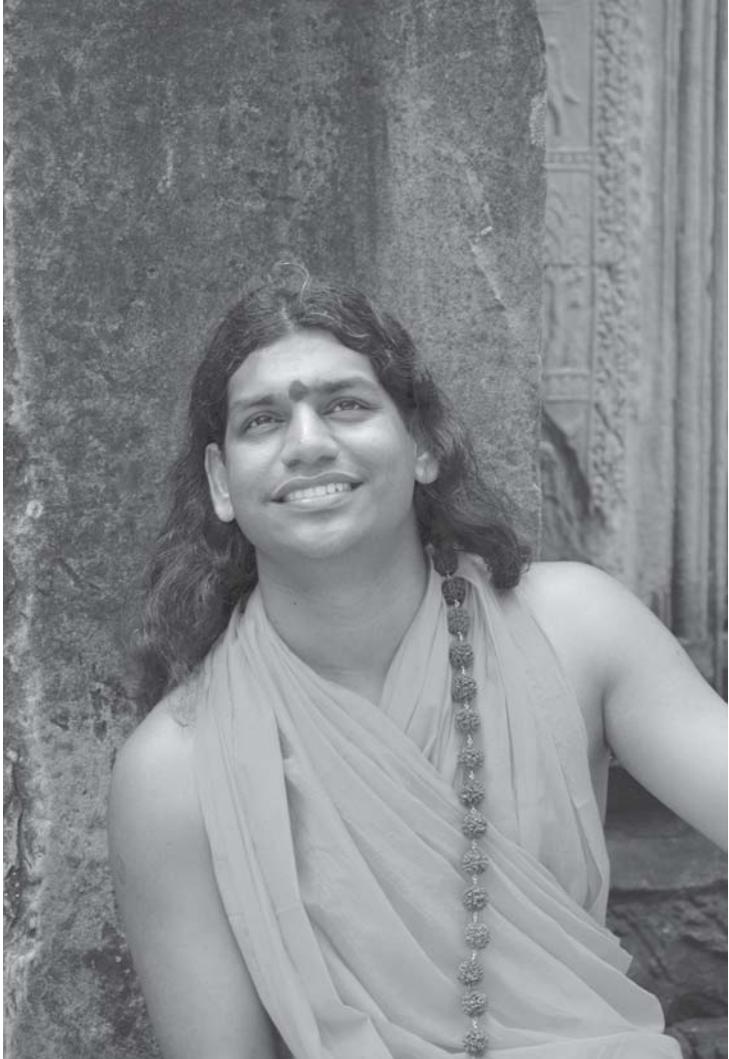
Bangalore District  
Karnataka INDIA

URI: [www.nithyananda.org](http://www.nithyananda.org)

Email: eNPublishers@nithyananda.org

*“The greatest happening on planet Earth is a disciple being with the Master and getting enlightened.”*

*- Paramahamsa Nithyananda*



# The Supreme Swan

## *Paramahamsa*

*This story actually happened to me as a darshan, as a vision, as an experience. It is from this that I created our institution's emblem. If you see our emblem, you will see the Paramahamsa bird in it. The Paramahamsa is our emblem. I had a beautiful vision or experience, from which I created the emblem.*

*Ramakrishna speaks about the great Swans – the Paramahamsas. These great Swans are actually enlightened Masters who take a bird body just to go around and see their territory! They are metaphysical birds, seen only through enlightened eyes or by people who are living in the higher zone of consciousness. Of course, only if you are enlightened, you will be able to stay in the higher consciousness!*

*The Paramahamsa never comes down to planet Earth. It just flies high in the sky, enjoying and expressing its freedom and expressing its own bliss. Sometimes it descends in height and flies closer to Earth.*

(His) Story of Paramahamsa

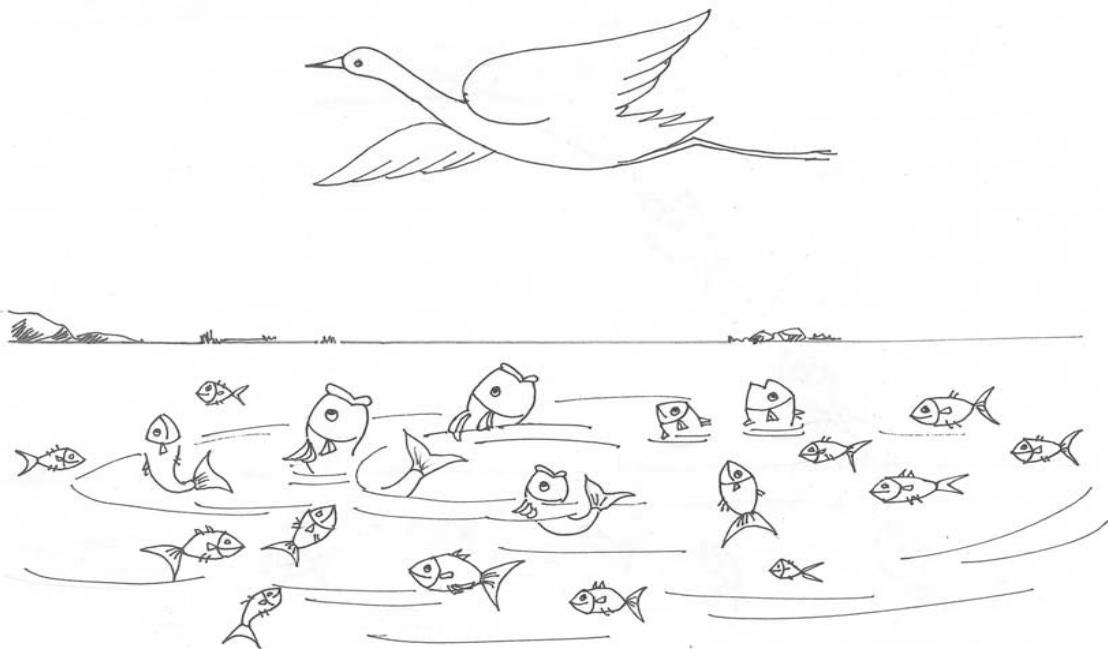
*The Paramahamsa lays its egg while it is in the air. Within forty percent distance of touching the ground, the egg will hatch. Within sixty percent distance, the young one will emerge and grow wings. Before touching the ground, within ninety percent distance, the young one will just take off and fly back into the air. It will never touch the ground! It will never touch planet Earth. These are called the Paramahamsas – the supreme Swans who are untouched by worldly matters and who represent enlightened consciousness since birth.*

*There is a small story about these great Swans:*

*The Swan is flying high in the sky. When the reflection of the Swan falls on lakes or the ocean or a river, when the reflection falls on the water, all the fish (representation of man or the individual consciousness) in the water start jumping, ‘Oh, some new fish has come! Some big fish has come!’ They all start jumping on the reflection and play with it. The very sight of the reflection fills them with joy.*

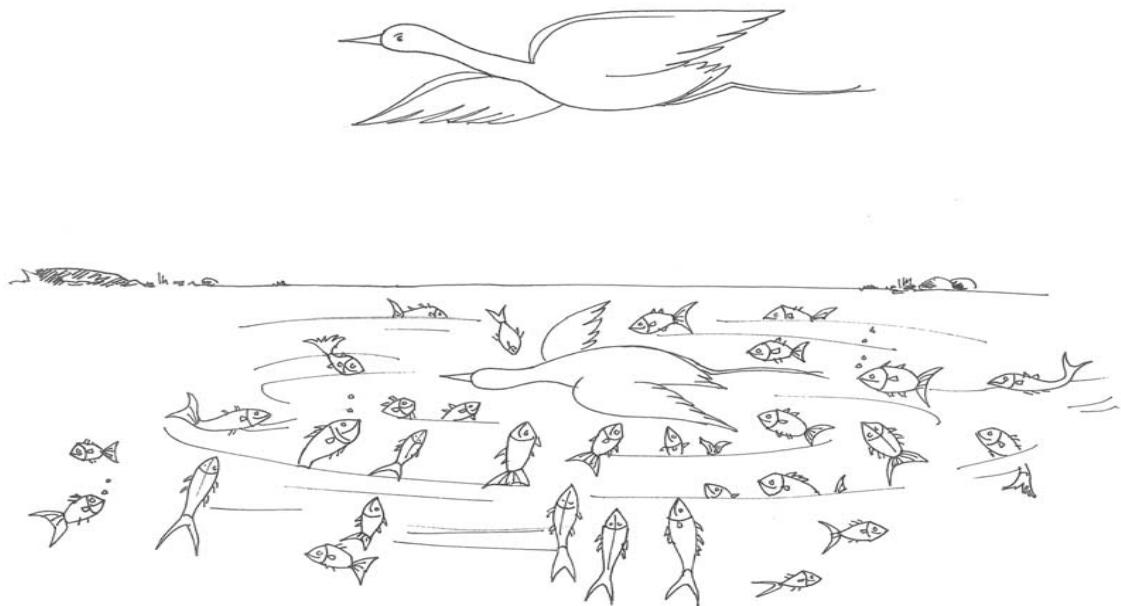
*Some fish will jump this way, and some fish will jump that way. Some fish will think, ‘What a beautiful fish, what a wonderful fish this is,’ and they will be jumping this way and that. Some fish will start calling the other fish, ‘Hey come quickly, come and see this beautiful fish, this pretty fish!’*

(His) Story of Paramahansa



*The Supreme Swan flies over the lake*

(His) Story of Paramahamsa



*Fish jump over the Swan's reflection thinking it is a new type of fish*

*Some fish will even put a fence around the reflection and declare, ‘Only we can go near this fish!’ Some fish who jump towards the reflection will feel that the fish is hugging them. They will go back and write reminiscences, ‘Oh! This fish is so great, so loving, radiating compassion; what amazing love and compassion!’*

*Some other fish start purchasing neighboring land, real estate, thinking the Swan may come there. Some other fish claim, ‘I am the brother of the Swan’, ‘I am the son of the Swan’, ‘I am the beloved of the Swan.’ The whole drama happens!*

*Some fish who jump a little away from the reflection will feel as if the Swan is kicking them out, as if the reflection is kicking them out. They will go out and say, ‘No! This fish is arrogant. He is not as loving as what these other fish have told me. In books I read that it was very loving and compassionate. I went there and the swan kicked me out. It is not as compassionate as what these fish say.’*

*If the water is calm, the fish see one kind of reflection of the Swan. If the water is turbulent, they see another form of the Swan. When they move with the water, they see yet another form of the Swan. They argue with each other, claiming that what each one sees is the real Swan, all by looking at the reflection! Each different perception of the reflection is held on to by either individual fish or groups of*

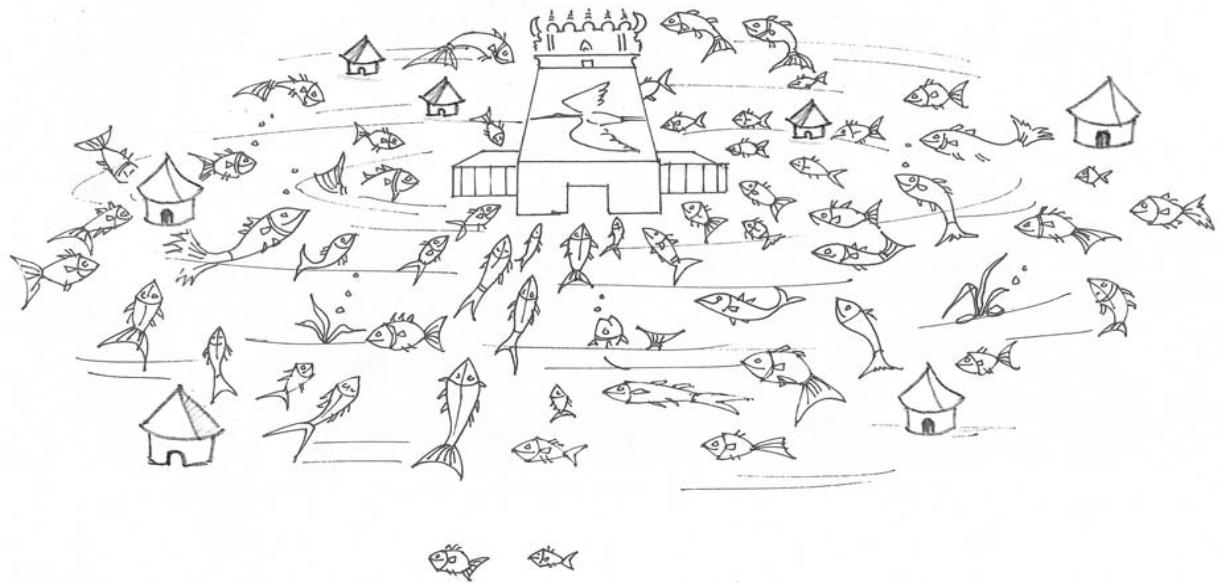
*fish. The Swan just keeps flying, and the fish just keep arguing. When they do not see the swan's reflection, the fish have no recollection of the reflection that had filled them with joy just a while ago. Their memories are short and they are back to their eating, mating, fighting and dying!*

*Suddenly the Swan starts flying over land. The reflection which was appearing on the water suddenly disappears! Immediately all the fish start crying, 'What happened? Our Swan has disappeared! What happened to our Swan?' But they never understand that the Swan never landed on planet Earth in the first place to disappear now!*

*Different types of fish come around the reflection. There are some fish who are very busy, just jumping this way and that way. And when these fish jump this way and that way, the reflection starts moving because of the ripples created by the fish. And these fish think that the Swan is moving. The fish cannot distinguish between the reflection and the source. They are too excited about the 'big fish' in the water. Some fish feel they are even getting enlightened. They feel that the closer they are to the reflection, the faster they will get enlightened!*

*Of course, wherever the reflection falls, automatically, ashrams and communities and temples just stand up! You don't even have to do anything; they will just stand up! If the reflection falls on Malaysia,*

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*Fish try to capture the Swan in various frames*

*all the Malaysian fish will gather and the temple will be built! If it falls on Los Angeles, all the Los Angeles fish will gather and the temple will be built! If the reflection falls on Bangalore, all the Bangalore fish will gather and the temple will be built! If the reflection falls on some other country or city, all the fish will gather and naturally, the ashram will be built!*

*Suddenly the Swan starts flying over land. The reflection which was appearing on the water suddenly disappears! Immediately all the fish start crying, ‘What happened? Our Swan has disappeared! What happened to our Swan?’ Some of the fish start cursing the Swan, ‘What is this? Believing this Swan, we built such a beautiful house and raised all the real estate around this building. Now each building will go for five lakhs!’ Yet, the Swan flies on blissfully untouched by the drama that is going on with the fish. The fish never understand that the Swan never landed on planet Earth in the first place to disappear now!*

*The whole thing is just a drama! In the same way, in your life too, you have started thinking that you have a soul. Of course, you have a soul, but that soul is entirely different from whatever you understand as your soul. It is just like your misunderstanding of the Swan’s reflection. But based on your own understanding, you start protecting yourself and creating a fence around you. You create a house,*

*family, relations, social security and wealth, then decide, ‘Oh! I need spiritual growth also.’ Then you go to some Guru and start searching for spirituality also.*

*But you forget that the very Swan has not happened! There is no Swan in what you are seeing. You are just playing with the reflection.*

*The problem is, the reflection itself is so graceful, so beautiful, that most of the fish have no motivation to look up! The fish are quite happy building walls and fences in the water, with the belief that they possess the Swan.*

*But there are some intelligent fish who think, ‘No! This does not seem to be a fish. This seems to be something else.’ Some intelligent fish will suddenly think this way. These fish are what we call devotees!*

*There are some other very few but more intelligent fish. They will see the reflection and say, ‘No, it is not even something else, it is just a reflection of something!’ And they will look up...and see the Swan flying! These are the disciples!*

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*Understand? There are many levels of fish. There are fish that will jump this way, towards the reflection and feel that the reflection is hugging them. They will feel that He is very loving, caring and compassionate. They will go back and write reminiscences. This is one level. Or they will make a website for Him, or they will write a book for Him.*

*There are some fish that will jump the other way, away from the reflection and say, 'No; that fish kicked me out. It is not loving or compassionate.' This is one group of fish.*

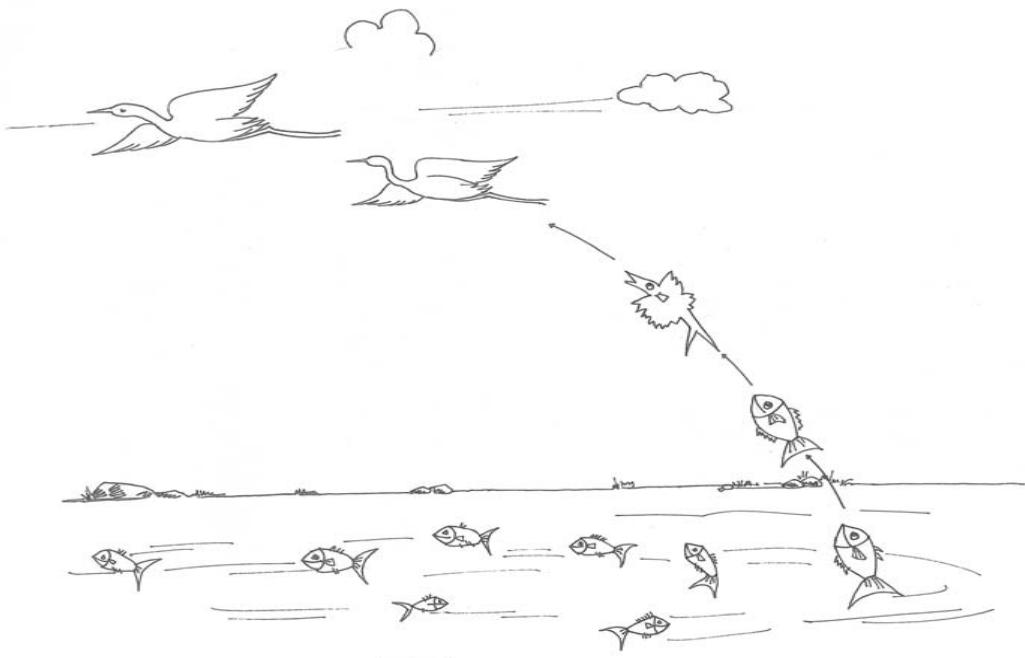
*Some rare, intelligent fish will look and say, 'No! This is not even a fish like us. It is something else...'*

*You see, there is a beautiful sloka (verse) - in the Bhagavad Gita<sup>1</sup> which says, whoever thinks that the Guru is a better human being has abused the Divine Presence. The Guru is not a better human being; he is completely disconnected from this very idea of human being! He is a different species altogether!*

*So only a few intelligent fish get an idea, 'No! He is not a better fish or a big fish or anything. He is not even the same species which we think we are. The very quality, the very idea is totally different.' Those people who feel this, who are fortunate enough to have this 'click' start becoming devotees!*

1. sacred verses delivered by enlightened master Krishna to His disciple Arjuna

(His) Story of Paramahamsa



*Some fish look up!*

*Only they start living around or start practicing very sincerely whatever they caught in the expression of the Swan.*

*Understand, the people who come and go, the fish that claim He is loving and compassionate as well as the fish that jump out and say, ‘No, everything is business here...’ , both the fish are only ‘consumers’.*

*The fish that starts looking, that starts feeling, ‘No, this is not a fish, it cannot be just a fish like us...’ , is an investor! He starts investing.*

*Only when you have this doubt, ‘No, this is not just a fish, it is something else’, you are ready to look up and see the source. When you look up and see the original Swan, you understand the truth! Not only that, suddenly you will see, **you were also never a fish, you were thinking that you were a fish!** Suddenly you will see, **‘Arrey! I am also a Swan!’***

*Then, you will just fly and play with the Swan!*

*Until you see the Swan flying, you do not realize that you too are a Swan. You are a Swan, who for some reason, fell into the water, and forgot you can fly. You are just tumbling this way and that way, struggling to survive, thinking that you are a fish. This is the truth.*

*Understand one important thing: whether the fish are jumping and moving the reflection, or they are feeling that the reflection is loving and compassionate and hugging them, or they feel that everything is just business and hating it, or if they look a little deep and find out the reality of the Swan, throughout all of these stages, the Swan does not even bother. He is not even touched. He is neither touched nor bothered! That is the beauty! His reflection falls on the lake for only one purpose: with the hope that maybe a few fish will look up; that's all! Maybe a few fish will look up...*

*Understand:*

*In the first level, when you jump and say that he is compassionate, you are a fish, and the reflection is also a fish.*

*If you jump out and say, 'No, no, it is not as we think; it is all just foolishness, marketing...' again, you are a fish and he is also just one more fish.*

*In the third level, when you look at the reflection and say, 'No, no, this is not a fish,' then, you are not a fish and He is also not a fish. He is a reflection and you are also a reflection of the reflection. That is why you are able to feel that it is something else.*

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*Then, in the fourth level, when you look up, He is a Swan and you are also a Swan!*

*Along with your transformation, you will feel the higher experiences of Him. And by seeing the higher experiences of Him, your transformation will happen further; both are closely connected.*

*When you see the divinity in an idol, it is the first level. When you see the divinity in a living human being, in the Guru or Master, it is the next level, and it is called Guru Bhakti – devotion to the Guru. You will see that Guru Bhakti suddenly leads to Atma Bhakti – devotion to the Self! The Guru just turns the devotion that you have on him towards yourself and says, ‘What is inside this system, is inside that system as well. ‘Tat tvam asi’ – You are That!’*

*The reflection of the Swan happens everywhere for the one reason that maybe a few fish will look up. But understand one thing, these rituals, rites, temples, ashrams, everything is for service, for the public. You should remember only one thing, **do not forget to see the Swan**. Some fish are so busy collecting pebbles to add to the height of the temple, they forget to look up and see the Swan. Early morning, the Swan may no longer be there; only empty water will remain. They will be stuck with the memorial they built. The Swan would have disappeared.*

## (His) Story of Paramahamsa

*All you need to do is look up! Look up at the real Swan instead of being caught in its reflection! Just look up and you can simply see that you are also not a fish; you also have wings and you also can fly just like the Supreme Swan or Paramahamsa. You are Him.*

*Before the Swan disappears, do not forget to look up and see the Swan. Sometimes, people just play around and miss. They forget to look up and see the Swan, thinking that it is going to be there forever.*

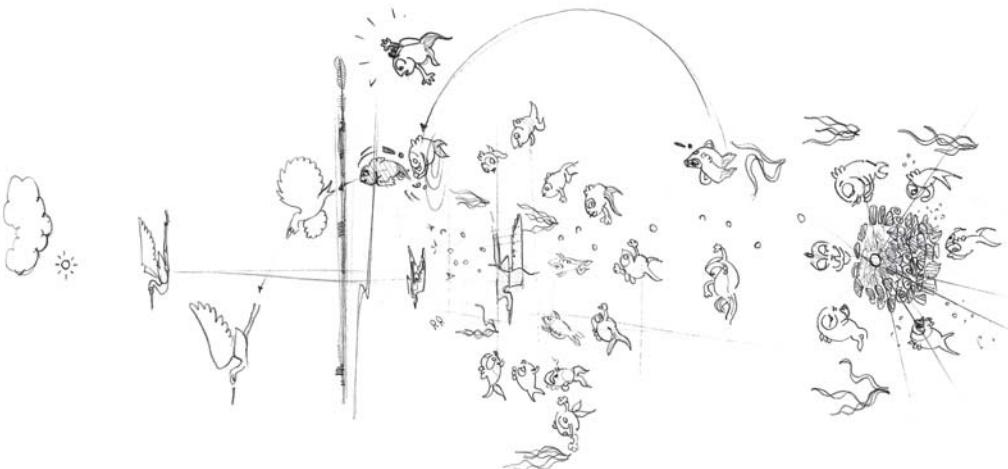
*So, do not miss...*

*If you can meditate on this one story, I tell you, you will be liberated this moment! If you can, keep your focus only on this one understanding, just like a Zen koan. Remember, **you have never happened as you think you have; whatever you think as you is not you.***

*The root of you is non-existence meaning nirvana. Just imagine, to protect something which is non-existent, you are torturing yourself so much. The stream is flowing; if the fish is trying to push the stream, or if the fish tries to stop the stream, will the stream even know about it? Whether you try to become enlightened or you take on a stand against enlightenment, God doesn't even know anything about it.*

(His) Story of Paramahamsa

Version - 07



*Look Up!*

*All the fish on seeing the Swan think, ‘Let us stop this stream. Let us have a barricade and stop this stream.’ If all the fish line up in the stream and try to stop the stream, do you think they will be successful? The stream will not even know that the fish are trying to stop it!*

*In the same way, you not becoming enlightened, or you not realizing what reality is, your ‘atman’ doesn’t even know. You are not connected to your being even that much. So whatever you think as you is just non-existent.*

### **THE GREAT ENLIGHTENED BEINGS - PARAMAHAMSAS**

*The great enlightened Masters are the Paramahamsas who touch planet Earth taking a human form, with a mission, from time to time. A Paramahamsa is one whose spiritual awakening leads to enlightenment even before adolescence. Such a being never touches ground; his spirit soars high well before it is enmeshed in the web of worldly reality. Paramahamsas are rare beings whose innocent wisdom pierces even the most hardened heart and mind.*

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*In such beings, the divine kundalini energy, which is the universal energy that flows through every individual, that is stored in the muladhara chakra (the energy center at the base of the spine) never moves downwards as it does with normal beings at adolescence.*

*In all humans, this energy moves upwards to downwards leading to sexual awakening and the desire to fulfill the need for procreation. In the case of the Paramahamsa, the kundalini energy is awakened before puberty, and it moves upwards instead of downwards at the time of spiritual awakening, without causing any desire for sexual pleasure.*

*The energy within the Paramahamsa stays pure, uncorrupted, and exceptional. Their purpose in life is to communicate to the rest of humanity this truth that has been gifted to them, in the hope that at least some others would glimpse this truth for themselves. Each Paramahamsa communicates this message in his own inimitable style. Ramakrishna, forever, in divine ecstasy, inspired others through devotion or bhakti. Bhagavan Ramana Maharishi, another great Paramahamsa, communicated his message mainly in silence, through a process of discrimination. There are others who by their touch and at times by a mere glance, impart their wisdom to disciples who are ready to receive the truth. In whichever way they may impart the truth, it is not to be forgotten that they happen on planet Earth for only one reason: with the hope that at least a few will look up and see the Truth, and become That.*



## About Nithyananda

The endless quest of man for the purpose of life ends with this sentence: bliss is the path and the goal. This is the experience and teaching of Paramahansa Nithyananda, an enlightened master and modern mystic amidst us today.

His mission is to first give the experiential understanding that bliss is not an end goal but the path itself - which is living in bliss 24 hours a day! He brings to understanding that this is possible for every one of us through working in our own inner space.

Nithyananda was born in Tiruvannamalai - a spiritual nerve center in South India. Through intense meditation and study of yoga, *tantra* and other Eastern metaphysical sciences, he attained inner bliss. From his own experience, he has formulated a Technology of Bliss to explode the individual consciousness, and create spiritually strong individuals.

He has devised myriad programs that cause one to fall into the natural space called meditation. He says, 'Meditation is the master key that can bring success in the material world and deep fulfillment in your space within.'

# Nithyananda Mission

**Nithyananda Mission** is Nithyananda's worldwide movement for inner bliss. It has under its fold, Life Bliss Foundation (LBF) and the **International Vedic Hindu University (IVHU)**, Florida, USA.

The advent of Paramahansa Nithyananda on planet earth is to create a new cycle of individual consciousness causing Collective Consciousness to enter into the Superconscious zone. To achieve this, the Mission aims to initiate one billion people into the unique meditation - Nithya Dhyaan, and one hundred thousand people into 'living enlightenment'.

**Nithyananda Mission centers and ashrams** worldwide serve as spiritual laboratories where inner growth is profound and outer growth is a natural consequence. These academies offer a place and space to explore and explode through a host of activities, from meditation to science. They nurture *quantum spirituality*, where material and spiritual worlds merge and create blissful living.

They offer guaranteed life solutions that have seen quick and effective transformation of lives. A diverse range of meditation programs are offered worldwide through IVHU. Further, free energy healing through the *Nithya Spiritual Healing system*, free education to youth, encouragement to art and culture, corporate programs, free medical camps, free meals, a one-year residential training program in India called the Life Bliss Technology program, an in-house *Gurukul* system of learning for children, and many more such services are offered around the world.

## Offerings from Life Bliss Foundation

### **Life Bliss Program Level 1 - Ananda Spurana Program (LBP Level 1 - ASP)**

*- Energize yourself*

A *chakra* workout program that relaxes and energizes the seven major *chakras* in your system. It gives clear intellectual and experiential understanding of your various emotions - greed, fear, worry, attention need, stress, jealousy, ego, discontentment etc. It is designed to create a spiritual effect at the physical level. It is a guaranteed life solution to experience the reality of your own bliss. It is a highly effective workshop, testified by millions of people around the globe.

### **Life Bliss Program Level 2 - Nithyananda Spurana Program (LBP Level 2 - NSP)**

*- Death demystified!*

A program that unleashes the art of living by demystifying the concept of death. If you know the process and purpose of death, you will live your life in an entirely different way! It creates the space to detach from ingrained and unconscious emotions like guilt, pleasure and pain, all of which stem from the ultimate fear of death. It is a gateway to a new life driven by natural intelligence and spontaneous enthusiasm.

## **Life Bliss Program Level 3 - Atma Spurana Program (LBP Level 3 - ATSP)**

*- Connect with your Self!*

This is a breakthrough program that analyzes clearly the workings of the mind and shows you experientially how to be the master of the mind rather than let it rule over you. It involves the whole tremendous intellectual understanding coupled with novel meditations to produce instant experiential understanding.

## **Life Bliss Technology (LBT)**

Life Bliss Technology (LBT) is a one-year residential program for youth aged between 18 and 30 years of age, on practical life skills. With its roots in the Eastern system of Vedic education, this program is designed to empower modern youth with good physical, mental and emotional health. By nurturing creative intelligence and spontaneity, and imparting vocational skills, it creates economically and spiritually self-sufficient youth.

Above all, it offers a lifetime opportunity to live and learn under the tutelage of an enlightened Master!

## **Nithya Spiritual Healing**

*- Healing through Cosmic energy*

A unique and powerful means of healing through the Cosmic energy, this is a meditation for the healer and a means to get healed for the recipient of the healing. Nithyananda continues to initiate thousands of Nithya Spiritual Healers worldwide into this scientific and time-tested healing technique which has healed millions of people of ailments ranging from migraine to cancer.

## **Nithya Dhyaan**

*- Life Bliss Meditation*

Become one among the millions who walk on planet Earth – Un-clutched! Register online and get initiated.

Nithya Dhyaan is a powerful everyday meditation prescribed by Nithyananda to humanity at large. It is a formula or a technique, which is holistic and complete. It works on the entire being to transform it and make it ready for the ultimate experience of enlightenment to dawn. Each segment of this technique complements the remaining segments to help raise the individual consciousness. It trains you to un-clutch from your mind and live a blissful life. It is the meditation for Eternal Bliss.

If you wish to be initiated into Nithya Dhyaan, you may visit <http://www.dhyanapeetam.org> and register online. You will receive through mail, a *mala*, bracelet, a spiritual name given by Nithyananda for your own spiritual growth (optional), Nithya Dhyaan Meditation CD and Nithya Dhyaan booklet in a language of your choice, personally signed by Nithyananda (mention your choice in the comment column).

## **Contact Us**

### **USA:**

#### **Los Angeles**

Los Angeles Vedic Temple  
9720 Central Avenue, Montclair,  
CA 91763, USA  
Ph.: 1-909-625-1400,  
Email: [programs@lifebliss.org](mailto:programs@lifebliss.org)  
URL: [www.lifebliss.org](http://www.lifebliss.org)

### **INDIA:**

#### **Bangalore, Karnataka**

(Spiritual headquarters. Vedic Temple located here)  
Nithyananda Dhyanaapeetam  
Nithyanandapuri

Kallugopahalli

Mysore Road, Bidadi

Bangalore - 562 109

Karnataka

Ph.: +91+80 27202801 / 92430 48957

Telefax: 27202084

Email: [mail@nithyananda.org](mailto:mail@nithyananda.org)

URL:[www.nithyananda.org](http://www.nithyananda.org)

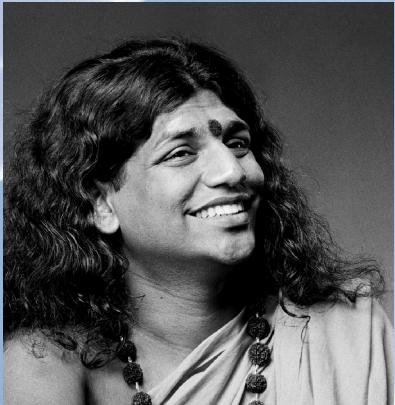
For locations of other ashrams and centers worldwide, visit [www.nithyananda.org](http://www.nithyananda.org)

## **Suggested for further reading**

- Guaranteed Solutions for lust, fear, worry...
- Nithyananda Vol. 1 (The first volume of a biographical account of Nithyananda)
- The Door to Enlightenment (Life Bliss Program Level 2 - Nithyananda Spurana Program)
- Follow me IN! (Life Bliss Program Level 3 - Atma Spurana Program)
- You can Heal (Nithya Spiritual Healing)
- Meditation is for you
- Bliss is the path and the goal
- The only way out is IN!
- Rising in love with the Master
- Bhagavad Gita series
- Uncommon answers to common questions
- Open the door...Let the breeze in!
- Nithya Yoga - The Ultimate practice for Body, Mind and Being

To purchase books and other items, visit [www.lifeblissgalleria.com](http://www.lifeblissgalleria.com) or contact us.

Visit <http://www.youtube.com/LifeBlissFoundation> to view over 400 FREE video discourses of Nithyananda.



## (His) Story of Paramahamsa

Paramahamsa or the Supreme Swan is a mystical bird which flies at great heights. These Swans are actually enlightened Masters who take up a bird-body from time to time.

Through the story of the Supreme Swan, Nithyananda describes the happening of Paramahamsas or enlightened Masters on planet Earth and the myriad plays of disciples (represented as fish) with the Master.

Through this enchanting narration, he illuminates the esoteric yet exciting Master-disciple phenomenon that happens on planet Earth from time to time.

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